

# Flight Jacket

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Marine Corps Air Station Miramar

April 13, 2001

## Padres disappoint as Miramar Marines, Sailors impress fans at home opener



More than 240 Miramar Marines and Sailors unfurl a 100-yard-long American flag at the Padres' home opener Tuesday. Photo by Staff Sgt. John C. DiDomenico

By Staff Sgt. Micheal Mink

CPAO, MCAS Miramar

SAN DIEGO — In front of 61,277 fans — the largest Opening Day crowd in San Diego Padres' history — more than 240 3d Marine Aircraft Wing and MCAS Miramar Marines and Sailors performed in the opening day ceremony Tuesday by unfurling a 100-yard-long national ensign.

The opening ceremony would prove to be the only highlight of the day for Padre fans as the defending National League West Division Champion San Francisco Giants humiliated the Padres 11-6.

Festivities continued yesterday as the Padres hosted the sixth annual San Diego Padres Military Opening Day. The Padres again faced the San Francisco Giants (scores not available at press time).

For the second consecutive year, the Padres played the game in camouflage jerseys as a salute to the military. This year military personnel, selected from the stands during the game, went on the field following the game and received an autographed game-worn jersey from a Padres player or coach.

Pre-game ceremonies featured Adm. Tom Fargo, commander-in-chief Pacific Fleet and Maj. Gen. Charles F. Bolden Jr., command-

ing general, 3d MAF, throwing the ceremonial first pitch.

Marine Corps Logistics Base Barstow's mounted color guard was also on hand for the playing of the national anthem.

Ticket vouchers for Padres' games can be purchased at Marine Corps Community Services entertainment ticket office. For more information contact the ticket office at 577-4126.

## Station CG recognizes military children with white letter

By Maj. Gen. William G. Bowdon

COMCABWA

During April of every year, we are asked to think of protecting children from the horrors of child abuse and also to celebrate the unique circumstances that exist for children of military parents. No one will disagree that children are our most precious resource and that they need our loving support and guidance in order to flourish.

It has been said that "Children are the World's Children," and that means that all of us, as adults, have a role to play in the lives of children, even if we are not parents. We have a chance to set examples of positive behavior for all children — honor, courage, commitment come to mind. In our homes, on the street, at the malls, on the sports fields, all places where adults are in the presence of children; they take note of what we do and how we conduct ourselves. Let us work to become an example children will be proud to emulate.

At Miramar, during April, many positive activities are planned which are centered around children. I encourage you to make these activities a part of your family plans for the month ahead and enjoy them with your entire family. Positive family time is the greatest investment we parents can contribute to our children and creates a solid legacy for their future.

During April, and throughout the rest of the year, I wish all parents and children a safe and healthy future.



# Miramar Marines conquer alcohol-free challenge



Lance Cpl. Chris Calhoun, MALS-11, tries to make a big splash in The Big Kahuna Contest during the MCCS Alcohol-Free Weekend. *Photo by Sgt. A.C. Strong*

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Miramar Marine Corps Community Services and the Great Escape proved that a fun weekend is possible without including alcohol. MCCS's Second Annual Alcohol-Free Weekend took place April 6-8, offering sports, food, dancing, food, music, food, movies, food, non-alcoholic drinks and more food.

"We wanted to promote an alcohol-free environment," said D.J. McClusky, MCCS social recreation director. "This helped us support the National Health Promotion Observance Weekend and National Alcohol-Free Weekend."

Pseudo sumo wrestling and a rock-climbing wall were just two of the events provided for competitors and friends.

Participants were asked to sign a commitment to stay alcohol free for the weekend, but they were not required to sign.

"We don't say 'don't drink' we just say 'be responsible,'" said McClusky. "We had five more sign commitments this year."

The final event of the weekend was the Big Kahuna contest at the pool Sunday. Despite rainy, cold weather on Saturday, Sunday was slightly warmer and the sun even visited for a little while. Just enough time for the High Splash competition.

There was also kayaking equipment provided by the Outdoor Adventure Center.

"Many Marines don't know what we have to offer at the Outdoor Adventure Center," said Chad Ulwelling, MCCS recreational coordinator. "This gives us an opportunity to get them familiar with equipment and to let them know about some of the classes we offer."

"All in all I think it went well," said McClusky. "Next year we hope to have twice as many participate."

## Flight Jacket



**Maj. Gen. Charles F. Bolden Jr.**

*Commanding General  
3d Marine Aircraft Wing*

**Maj. Gen. William G. Bowdon**

*Commander  
Marine Corps Air Bases  
Western Area*

**Maj. T.V. Johnson**  
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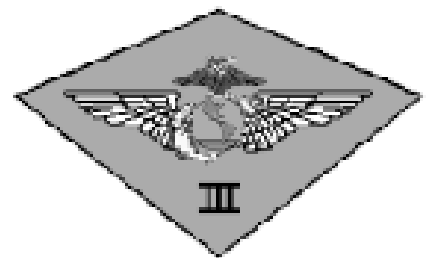
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## Branch medical OIC awarded Legion of Merit

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Major General Charles F. Bolden Jr., commanding general, 3d Marine Aircraft Wing, presented the Legion of Merit to Navy Capt. William B. Ferrara, Branch Medical Clinic senior medical officer and officer in charge, here Wednesday.

Ferrara received the award for exceptionally meritorious conduct in the performance of outstanding service while serving as 3d MAW Wing Surgeon.

According to his citation, Ferrara led over 200 medical personnel in delivering the "highest quality healthcare and force health protection" during exercises and real-world operations.

"Through his visionary leadership, Ferrara significantly improved Marines' access to care ... His proven managerial effectiveness, personal integrity, and professional character are solidly reflected in his numerous accomplishments, which will provide a lasting benefit to Marine Corps aviation and operational medicine," reads the citation.

"I'm very appreciative of the opportunity to recognize Capt. Ferrara," said Maj. Gen. Bolden.

The West Orange, N.J., native is recog-



Major General Charles F. Bolden Jr., commanding general, 3d MAW, prepares to pin The Legion of Merit on Navy Capt. William B. Ferrar, Branch Medical Clinic senior medical officer and OIC. *Photo by Sgt. A.C. Strong*

See **Merit**, page 11



# Who do I go to?

By Sgt. Maj. Stephen H. Mellinger

MARFORPAC

CAMP H.M. SMITH, Hawaii — I apologize for being delinquent in submitting articles the last few weeks. Lieutenant General Libutti and I just returned from visiting our Marines and military counterparts in the Philippines, Malaysia, Singapore and Australia.

A significant part of our frequent trips are spent in the air flying from country to country. Now if I loved flying, my job would not only be interesting, but fun as well. However, I personally hate flying. I'm a card-carrying member of the "White Knuckle Flyer Club."

Because of my flying phobia, I am constantly questioning (to myself) every little sound and bump while I'm in a plane. I know that I would be much more comfortable if all of my questions or complaints could be personally responded to by the pilot; the head bubba.

The problem with that is if the pilot had to listen to all the silly questions, opinions and comments, then he wouldn't have time to fly the plane. I, and others like me, would simply be a major distraction to him. Though I would feel more at ease if the "top dog" (pilot) would personally console me, I realize my questions and concerns can be handled satisfactory by the qualified flight attendant. Of course, if I notice a crack in the wing, I'm sure the pilot wouldn't mind speaking to me face to face.

This brings me to discuss a parallel situation involving Marines and their chain-of-command. As I sat down to catch up on several weeks worth of e-mails I discovered numerous e-mails (forwarded to me by the Sergeant Major of the Marine Corps) from Marines who saw no problem writing either him, or the commandant, with matters that clearly do not fall under the commandant's policy on "Marine Mail" (their e-mail addresses for direct contact from all Marines).

Clearly these Marines are intentionally circumventing their chain-of-command for responses to personal complaints, comments and questions. Let me give you some examples:

- A lance corporal wants Sergeant Major McMichael to explain why he was not promoted to corporal along with his peers.
- A sergeant wants to know why he can't make his Marines do push-ups when they do something wrong (even though there is a Marine Corps order telling him no because it's hazing).
- A lieutenant wrote, giving his opinion that the Marine Corps promotion system is broke (because his gunny wasn't selected for master sergeant this year).
- A staff sergeant wanted to know if a Marine Corps order was causing him to do two consecutive deployments (in the fleet) before he could go back to the drill field.
- A master gunnery sergeant wrote that he was not satisfied with the punishment handed down to Marines involved in a fist

fight and wants Sgt. Maj. McMichael to intervene for the sake of justice.

I believe that each of those Marines (in the examples) deserve answers or responses to their questions and concerns. If it was important enough for them to seek responses, then it's important for each of them to get accurate and appropriate answers. However not one of these examples warrant personal responses from our Corps' "pilots." Each of these Marines' chain-of-command held the appropriate answers.

One of our Corps' strengths is its commitment to doing the right thing for its Marines. And that includes taking care of any problem at the lowest possible level within its chain-of-command.

After 29 years in the Corps, I've found that the vast majority of Marines using their chain-of-command don't have to go too far up before they get satisfaction. Now many Marines may not get the answer or response they desired from their command, but most of the time it's accurate and on time.

In the case of all the examples, each Marine got the correct information from their chain-of-command, but simply didn't want to accept what they were told.

When Marines misuse Marine Mail, it reflects negatively on their professionalism and personal discipline. It also shows disrespect and distrust in their command's leadership. But more important is the fact that it distracts and wastes precious time of the commandant and his sergeant major.

I can tell you that both the Commandant and Sergeant Major of the Marine Corps want to hear from their Marines through Marine Mail within its established guidelines and intent. MARADMIN 165/01 is a good source document for Marines to educate themselves on Marine Mail guidelines.

Remember, Marine Mail is not a "hotline" to our senior leadership for us to blow off steam, whine, complain and ask silly questions. If you're not sure if you should use it, check the MARADMIN and ask your chain-of-command to see if it's appropriate for what you seek.

Like me and flying, Marines don't need to be pestering our Corps' "pilots" when its "flight attendants" can handle things at their level.

Now a note to our Corps' "flight attendants." In some cases Marines circumvent their chain-of-command simply because they're lazy and impatient. They don't have time for the system to work. However in other cases, Marines jump their chain-of-command because they don't trust it.

Every leader must do everything in their power to ensure their Marines' have trust and confidence. Real flight attendants make it a point of really listening to passengers under their care and not just pay them lip service. Marines must truly feel they can come to their leaders for anything, both bad and good. It's not babying them. It's by earning their trust that we prove we care for them.

Marines deserve nothing less from their leaders. Happy flying, Marines.

Married to a Marine

## All Marines must stand duty

By Michelle Osborn

LINKS, MCAS Miramar

Over the years, volunteers to the Lifestyle, Insights, Networking, Knowledge and Skills program have been able to assist fellow spouses by answering some unique questions about the Marine Corps, its history, lifestyle and resources.

One very interesting question was "Why does my husband [a Marine] have to stand duty at the barracks when he doesn't live in the barracks?"

To Marines and perhaps to some spouses, this question may seem silly. But it was a very real question posed by the wife of a young Marine. The answer that this spouse was given started with the definition of duty. It was explained that "standing duty" is like "standing guard." Every Marine stands duty. Where each Marine stands duty depends on their rank and unit assignment. Some Marines stand duty at the barracks, not because they live there, but simply because it is the place they've been assigned to "guard."

It was further explained to her that there are always Marines "on guard" or "standing

duty" somewhere and that her Marine is no exception. He will be required to do his share of "being the guard." It is a part of his job, part of being a Marine.

For many spouses, an evening without their Marine can mean an easy dinner for you and the kids or perhaps dinner out with friends. A night alone gives you time to pamper yourself, read a good book or watch television all night long if you want to.

As a Marine spouse, do you have questions about the Marine Corps, its history, traditions, lifestyle or available resources?

A great place to ask those questions is in a LINKS session where various topics of interest are presented by seasoned Marine spouses who serve as mentors. It is a come-as-you-are atmosphere that encourages open and honest discussions of issues that are important to Marine spouses.

If you're married to a Marine, this program is for you. And, it's free, including refreshments and childcare.

The next session is scheduled for May 19 from 8:30 a.m. to 5:30 p.m.

For more information or to register call 577-4810.



Ad Space

## ATTENTION COMMANDERS

Would you like to see your words in print? Would you like to get your word out to more Sailors and Marines than fall under your command? The Flight Jacket staff encourages commanders, officers-in-charge, chaplains, senior enlisted leaders or anyone with a command message to submit content. Submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail to [ombpaoflight@miramar.usmc.mil](mailto:ombpaoflight@miramar.usmc.mil).



## Mir **Remarks**

**What makes you proud of being a Marine?**



**"The camaraderie."**

1st Lt. Melissa A. Dunlap  
3d MAW  
analysis officer



**"No matter what you've done, or how good or bad you've had it in the Corps, you'll always miss it."**

Pfc. Nathan R. Wallace  
MWSS-373  
motor transport operator



**"Knowing that I'm carrying on a proud tradition that many Marines before me have left as a legacy."**

Gunnery Sgt. Jason C. Flores  
MALS-11  
NCOIC of ground support equipment

## Turn it down: *It's a state law, station order*

By Cpl. Rob Henderson

*Commentary*

Working in a building only a couple of blocks away from the Jet Mart has definite advantages. At chow time, I can get a cheap meal from their large sandwich selection and some healthy cardiovascular exercise all for the price of a short walk. However, as the weather warms, I find myself becoming the victim in an unintentional, violent assault perpetrated by my fellow Marines. Here's what happens:

I leave my desk somewhere around 11:30 a.m. and head for the door. After signing out, I begin my walk at a somewhat brisk pace stopping only to wait for my turn to walk across the intersection. As I stand there waiting for the red do-not-walk hand to disappear, I am in a constant state of observation. While my eyes scan the area for any blue stickers lurking on the windshields of passing automobiles, my sense of hearing is suddenly and violently assailed by Tupac Shakur's deep voice booming over a bass-laden soundtrack, "It's just me against the world, baby!"

Rarely do stereos blaring music through the open windows of moving cars give me cause to stop and consider the deeper philosophy inspired by the lyrics. Instead I find



**Speakers like the one in this vehicle can easily violate California's noise pollution laws as well as Miramar's station orders.**

Photo by Sgt. Troy M. Ruby

myself in an anger-inspired state of awe. How can Marines — America's finest force — purposefully ruin their own hearing and make themselves look ignorant with just one small, insensitive act of selfish rudeness?

Station Order 5510.2 and California Vehicle Code 27007 prohibits the operation of a vehicle with the stereo audible from 50 feet or more away. So in other words, not only is

blaring the car stereo rude and damaging to the eardrum, it is also against the law.

Stereo abuse can be a severe traffic hazard. The sirens on emergency vehicles must be audible over the music in the cab of your vehicle. The lives of others sometimes depends on the reaction times of individual drivers.

Anything, stereo included, that hinders a driver's ability to hear what's going on is a safety hazard.

As much as I would like to make the world a better place by driving around enlightening everyone to the tune of George Strait's "Amarillo by Morning," or Frank Sinatra's "The Way You Look Tonight," I can't.

By turning down your car stereos, not only will my walk to the Jet Mart be more enjoyable, but you could also save yourself a ticket or the life of another human being.

## How do I know if you don't say no?

By Sgt. A.C. Strong

*Commentary*

SEXUAL HARASSMENT... Wait, wait, wait. Don't stop reading yet. What is sexual harassment?

We all know the blatant kind — fanny pats and wolf whistles, a little o' that for a little o' this. In cases like those, there is a clear line between wrong and right.

But what about those gray areas where the line is not clearly defined? When does it go from a little harmless joking to sexual harassment?

When someone says they are offended.

I know we are taught to simply avoid yellow zones, but how many of us really do? Isn't part of unit camaraderie the freedom to speak and joke and just hang out? How possible is that if everyone is always concerned about offending someone?

And it is understood that if someone says stop, then you should take a step back and do just that. As Marines, it should never come to a point where there is paper. Harassment needs to stop, that is clear. However, I have seen the other side of this coin.

It's simply this — the responsibility for saying "no" falls on the offended party. There is very little that offends me more than when

someone says they are being sexually harassed, but the real situation is just that they are just irritated with a fellow Marine and now just happens to be a convenient time to complain about the bikini-clad hottie on their screensaver.

Silence equals condoning the act.

That may sound harsh, but if you are truly offended — say so.

Let them know where you stand. Everyone may be a little uncomfortable at first, but the respect that is gained for standing your ground will go a lot further toward unit cohesion.

It's a whole lot easier to simply say, "Look dude, that's pretty obnoxious. Could you not talk about that please?" than to slam some fellow Marine with paperwork that won't wash off their record.

Give your fellow Marine the benefit of the doubt. Maybe he (or she) just doesn't realize that certain jokes aren't for everyone.

I do not mean to imply that it's okay to tell offensive jokes as long as no one says stop. It's up to us as Marines to use our common sense. However, we all have to work together. And hey, if in doubt, just hang your signed Lakers girl poster and Mardi Gras beads somewhere not visible to everyone that walks in the room.

## Cost of our Energy

By Mike Plakosh

*Public Works, MCAS Miramar*

An important part of keeping energy bills down is recognizing what it costs to run your appliances.

Here are the most-used appliances and the average cost to run each, based on 1997 residential rates of approximately 12 cents per kilowatt-hour of electricity and 63 cents per therm of gas.

Hair Dryer-

1 cent per 5 minutes.

Portable Electric Heater-

9-18 cents per hour.

Incandescent Light Bulb (100W)-

1 cent per hour.

Compact Fluorescent Light Bulb

(Equivalent to 110 W incandescent)-

1 cent per four hours.

Color Television-

1 cent to 5 cents per hour.

Stereo system-

1 to 3 cents per hour.

Personal Computer-

1 to 3 cents per hour.

Microwave Oven-

1 to 3 cents per 10 minutes.

Electric Oven-

30 to 60 cents per hour.

Range top burner-

7 to 30 cents per hour.

Gas oven-

5 to 11 cents per hour.

Range top burner-

4 to 8 cents per hour.

Dishwasher-

8 to 9 cents per load.

Electricity for hot water-

37 cents per load.

Gas for hot water-

10 cents per load.

Vacuum cleaner-

5 to 9 cents per hour.

Refrigerator, frost free-

16 cu ft \$10 to \$18 per month.

20 cu ft \$12 to \$22 per month.

Clothes washer-

3 to 23 cents per load.

Freezer-

\$15 to \$30 per month.

Dryer-

Electric 30 to 60 cents per load.

Gas 10 to 16 cents per load.

Water heater-

Electric \$13 to \$65 per month.

Gas \$6 to \$19 per month.

Gas furnace

Smaller homes-

\$14 to \$35 per month.

Larger homes (more than 1800 sq ft)-

\$35 to \$180 per month.

Electric baseboard or central heat

Smaller homes-

\$25 to \$100 per month.

Larger homes-

\$100 to 350 per month.

Costs add up over time. For example, if you leave your 1,500-watt portable heater, two 100W bulbs, computer, TV and stereo system on when you leave your quarters you waste \$3.50 per day or \$105 per month or \$1260 per year. Multiply this by 1,000 civilian or military employees and the numbers add up quickly.

## NOW TELL US WHAT YOU THINK

Do you have news? Did you take a newsworthy photo? Would you like to see your byline in the Flight Jacket? The newspaper staff encourages Marines to submit commentaries, editorials or other articles or photographs. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail



# Traveling chef visits Miramar, offers meal solutions



Chef Ray Campbell is one of 15 traveling chefs who visit commissaries around the globe teaching quick, healthy recipes to military families. *Photo by Sgt. A.C. Strong*

By Sgt. A.C. Strong

*CPAO, MCAS Miramar*

Miramar commissary customers were treated to a veritable montage of edibles, April 4, highlighting the skills of the Defense Commissary Agency's Traveling Chef.

Chef Ray Campbell of Florida prepared "Meal Solutions for the Military Family," affording commissary patrons the opportunity to watch, learn and sample the treats.

"I feel like I'm on a cruise," said Margaret Bartek, commissary patron. "I love this commissary, 'cause there's always something new."

Campbell is one of 15 traveling chefs who visit commissaries all over the world, according to Lisa Martinez, sales representative, Overseas Service Corporation.

"Different (sponsor) companies provide recipes to meet the busy scheduling needs of military families," said Martinez.

Campbell and his fellow chefs offer two-hour morning and afternoon sessions, with several quick fix and healthy recipes.

"I think it's great," said retired nurse Gloria Stipe. "It gets military families eating healthy."

The tour is DeCA's response to requests by focus group participants for quick and easy recipes.

"I get to travel and I get to cook, so it's great for me," said Campbell of the program. "And I get to show people how to help themselves."

The "Traveling Chefs" tour ends Friday with a visit to Charleston Air Force Base, S.C.



Chef Ray Campbell explains the dish he is preparing to Margaret Bartek, commissary patron, as she reads along on her recipe card. *Photo by Sgt. A.C. Strong*

Ad Space



# Turning up the heat:

## ARFF Marines sharpen skills in 60-foot flames



Wearing personal protective equipment, including scuba-like gear, three ARFF Marines extinguish a training fire April 5 near the flightline here. The fire is so intense that it can reach temperatures hotter than 2,000 degrees Fahrenheit. *Photo by Cpl. Mike Camacho*

By Cpl. Mike Camacho

CPAO, MCAS Miramar

Station Aircraft Rescue Fire Fighters and a crew from Marine Wing Support Squadron 373 jointly extinguished three training fires April 5 at the training pits on the flightline here.

"This is the only time that these Marines get to work with actual fires," said

Chief Warrant Officer 4 Julio C. Lopez, ARFF and Recovery officer-in-charge.

"It's a big difference between classroom training and real fire drills where the Marines feel the heat and can see the flames," said the San Juan, Puerto Rico native.

Marine firefighters use a large, concrete pit filled calf-deep with water. Hundreds of gallons of fuel are added to the pit.

Because fuel is lighter than water, the fuel floats, allowing it to burn on top of the water. After the flames are allowed to grow to a substantial size, the crash crew rolls up to the fire and gets to work.

Fuel used for these training fires is rather new. Exxon Chemical Corp. has designed a tech-flame fuel for a cleaner and lower emission burn. This fuel is designed only for use in fire fighting training. The new fuel also burns at an extreme rate of temperature and speed.

Two teams of Marine fire fighters must enter the pool where the flames can reach 60 feet or more in size and burn at more than 2,000 degrees Fahrenheit in approximately five seconds. These training fires are fierce enough to easily burn through steel, glass and other textile materials.

To protect themselves against intense heat, Marines wear personal protective suits which can withstand up to 1,600 degrees Fahrenheit while the inch-and-a-half hoses push approximately 100 gallons of water per minute onto the flames.

While fighting the fire, Marines need to constantly watch each other's backs due to the unpredictable nature of flames.

In real-life situations, teams consist of two Marines — one to man the hose and the other to serve as a lookout and backup. During these training fires, there are three

Marines to each team. The third is present in case something goes wrong. Also two ARFF trucks are at the edge of the pits manned with a Marine at each turret ready to throw water or foam on top of the firefighters.

"New Marines don't know how wild these flames can get, so we have to watch out for each other," said Lance Cpl. Sudesh Ramjattan, ARFF crewmember and Queens, N.Y., native.

Sergeant Shane S. Smoger, ARFF training and readiness noncommissioned officer, said it's been a long time since the Marines have been able to do training fires here, because the pits have had technical problems. Now that the pits are fixed, training will be back on its regular schedule.

The Marines from ARFF aren't called upon to do their job often, but they have to know what they're doing when the call does come. When an aircraft has a problem on the flightline, it's their knowledge and proficiency that will save lives and equipment. These Marines have to know what they're doing — and how to do it fast.

"You can't be a firefighter unless, you know how to fight a fire," said Smoger, a Mashua, N.H., native. "It's imperative that these Marines know how to fight a fire because lives may depend on it."

Ad Space



# Raiders sport first female C-130 aircraft commander

By Sgt. Tisha L. Carter

CPAO, MCAS Miramar

Harriett Quimby began a legacy of female aviators when she became the first licensed female pilot in the United States in 1911. Ninety years later the 3d Marine Aircraft Wing can add one to the proud ranks in that legacy of female firsts. Taking her place alongside greats such as Jacqueline Cochran who broke the sound barrier in 1953 and lobbied for women pilots in the military, and Cmdr. Eileen Collins the first female commander of the space shuttle.

Captain Ann M. Huot, Marine Aerial Refueler Transport Squadron 352, is the first female KC-130 Hercules aircraft commander in the Marine Corps.

It all started at the University of North Dakota, when a friend invited Huot to take flying lessons.

"My friend didn't show up and I just went ahead and did it," she said.

After developing an attraction for aviation, Huot went on to graduate with a Bachelor of Science in Aeronautical Studies. Combining this with her interest in a military career, Huot from Shoreview, Minn., joined the Marine Corps and became a KC-130 pilot. She said she picked the KC-130 because of the vast opportunity to travel and the ability to interact with the crew.

"Plus, having four engines is nice," she chuckled.

When asked about being the first female KC-130 commander, a humble Huot doesn't look at herself any

different from anybody else. Neither do her counterparts.

"First and foremost, she is a top-quality Marine officer," described Lt. Col. Steven Busby, commanding officer, VMGR-352.

Busby said she is a top-notch aviator and became an upscale aircraft commander in minimal time. "She's not treated any different. She wouldn't allow it," he added.

Her accomplishments keep accumulating. According to Busby, with her quality aviation skills and leadership

excellence, Huot will soon be upgraded to the Aviation Safety Officer for VMGR-352.

"This is a significant billet for a second tour aviator," said Busby.

It definitely seems Huot has become a landmark for future Marine Corps aviators. Despite her modesty, Huot divulged her best reason to be recognized, "To give anybody any sort of inspiration to set their goals higher. I'm just like anybody else, and if I can do it, so can they."



Captain Ann M. Huot, the first female KC-130 aircraft commander in the Marine Corps, proudly stands in front of a KC-130 Hercules. She looks forward to taking over as the Raiders' aviation safety officer. Photo by Cpl. Mike Camacho

## Junior ROTC cadets experience recruit life at MCRD

By Cpl. Christopher A. Raper

CPAO, MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO — Ah, Spring Break. This week was a time of rest and relaxation for many high school students. Teens were seen sitting at home in front of the tube, downloading the latest jams from their computers or hanging at San Diego's finest beaches.

A few students were not at home, however, they sought discipline and challenge. Forty-seven high school Junior Reserve Officer Training Corps students were seen here aboard the depot attending a mini-boot camp.

"The cadets that are attending this training are not only sacrificing their free time from friends and family, but are putting themselves in a realistic military training," said retired Sgt. 1st Class Al Coleman, U.S. Army. Coleman is an Army JROTC instructor at San Diego High School. "In any instance these cadets probably achieved more in this week than most students will achieve all year.

"I think the reason they are here is to search for the ultimate achievement to share with their peers," said Coleman. "Let's be honest. When it's time to share vacation experiences how many students can say: 'I was trained by Marines.'"

Cadets were from San Diego and San Jose high schools and represented three Armed Services: Serra High School, Navy JROTC, Tierrasanta; Campbell Union High School, Marine Corps JROTC, San Jose, and San Diego High School, Army JROTC.

The objectives of the boot camp were to show today's youth that there is so much more they can accomplish if they believe in themselves.

Master Sergeant Steven Thompson from Marine Corps Air Station Miramar put out a call for volunteer drill instructors. The response was overwhelming. Former



Sergeant Fredrick S. Virger, Marine Corps properties consolidated memorandum receipt clerk, corrects JROTC students during mini-boot camp at MCRD San Diego. Photo by Cpl. Christopher A. Raper

Lima Company drill instructor Staff Sgt Mark A. Facey, Aircraft Recovery Supply Chief, MCAS Miramar, answered the call. Other Miramar Marines followed his lead including: Sgt. Victoria Zepada, station property supply noncommissioned officer, Sgt. Christopher L. Blake, aircraft recovery supply NCO, Sgt. Cynthia E. Vasquez, postal clerk, Cpl. Frederick S. Virger, Marine Corps properties consolidated memorandum receipt clerk, Cpl. Robert J. Shea, government mobile equipment assistant training NCO, and Lance Cpl. Barbara J. Henson, travel management office receiving clerk.

"It feels good to be wearing the hat again," said Facey. "It brings back a lot of memories. It has really made me think about coming back to the trenches. The training teaches them how to strive through difficult situations. It is a great learning experience for them."

Under the close supervision of these

volunteer Marine instructors, cadets participated in daily physical training, ran the Obstacle Course and Circuit Course, practiced close order drill, and learned basic military subjects.

"I felt very powerful and respected as one of the volunteer Marine instructors," said Henson with a cracked voice. "The voice came very unexpectedly. It is very useful though."

"I have always wanted to join the military," said Cadet Chris M. Boucher, Serra High School NJROTC cadet. "The training has taught me that teamwork is very important and that you should always follow orders without question.

"I have more trust and respect for the other cadets and for the whole JROTC program," said Boucher. "I love the training. I have always wanted to do the Obstacle Course and some of the other things involved in training."

With a new sense of accomplishment,

See JROTC, page 11

Ad Space



# Lifeguard training keeps station pool safe



Kathy E. Sulek, lifeguard and water safety instructor, watches carefully over the pool to ensure all swimmers are obeying the rules. *Photo by Cpl. Mike Camacho*

By Cpl. Mike Camacho

CPAO, MCAS Miramar

With summer right around the corner, many children and recreational swimmers will be grabbing their beach towels and bathing suits to head over to the air station's main pool for a little fun in the sun.

This may worry some parents, as far as safety is concerned. However, Miramar lifeguards are trained to meet whatever emergency they may face. Lead Lifeguard Jay R. Julian says the lifeguard training course is what ensures that all lifeguards are ready for any situation.

It's not a TV show, according to Julian. "It's important that people understand about our duties and responsibilities – we're not the stereotypical 'Baywatch' lifeguards," said Julian, a six-year lifeguard veteran. "We need to be ready at all times because we are the ones who will save a life out there."

Julian said the pool is a safe place for fun and exercise as long as everybody complies with the pool rules. Children under the age of 10 must be escorted and directly supervised at all times by an adult or a responsible person over the age of 16. Children 10 years of age and older must pass a swim test given by lifeguards.

As well as being the lead lifeguard, Julian is also the instructor for the lifeguard training course. "The satisfaction that I get from teaching people how to save lives is why I do this job and also why I

love it," said the 21-year old.

For those who are interested in becoming a lifeguard, a pre-qualifying test is given to ensure an aspiring lifeguard is ready for the American Red Cross Lifeguard Training Course. The pre-test consists of swimming 500 meters, diving to the bottom and retrieving a 10-pound brick then treading water for two minutes while holding the brick.

It is necessary to complete the lifeguard training course along with completion of the the cardiopulmonary resuscitation professional rescuer's course to become a lifeguard here. The lifeguard course certification is valid for three years with regular scheduled

refresher training. However, the CPR professional rescuer's course certification is only good for one year.

In an effort to meet the needs of air station personnel and their families, the pool has numerous programs to help teach people how to swim. The courses offered start at the basics and go all the way through advanced skills. There are also private swim lessons and aqua-fitness classes.

"We teach people how to swim, as where the military teaches people how to survive," said Julian. "I really get a kick out of my job, because I teach people how to swim, and I also teach people how to save lives."

For more information on the lifeguard training course or any of the many activities offered by aquatics call 577-4140, 577-4137 or 577-4129.

**"It's important that people understand about our duties and responsibilities – we're not the stereotypical 'Baywatch' lifeguards,"**

Jay R. Julian  
Miramar pool lead lifeguard

## Ecstasy – Are you willing to trade your brain for it?

By Sgt. A.C. Strong

CPAO, MCAS Miramar

X, Ecstasy, XTC, the love drug — all names for the same drug, Methylenedioxymethamphetamine or MDMA. According to the Drug Enforcement Agency's Web site at: [www.usdoj.gov/dea](http://www.usdoj.gov/dea), it is the most commonly used by America's youth and lately, United States servicemembers.

"On the surface it seems almost too good to be true," said David S. Metelski, special agent, Miramar NCIS. "A drug that makes you just feel good, and it's gone from your system by the end of the weekend. What the drug user isn't considering is the permanent damage that is caused to your brain."

Ecstasy is a synthetic drug with stimulant and hallucinogenic properties, according to the DEA Web site. It was

originally introduced in the 1970's to assist in psychotherapeutic sessions.

"The ones we've spoken to say, it just makes you feel good," said Metelski. "Pure pleasure."

The drug works by stimulating the gland that produces serotonin. The user receives a feeling of relaxation, similar to that during intercourse.

However, according to Metelski, over a period of time, the gland is destroyed. The body can no longer produce serotonin on its own, causing depression, sleeplessness, anxiety and a myriad of other problems.

Another side effect is that, when "rolling" as the users sometimes call it, the internal body temperature of the user skyrockets, causing an internal meltdown, according to Metelski.

Use of "X" is increasing at an alarming rate — 500 percent — over a five-year period, according to the DEA. "Drug Abuse Warning Network estimates reveal that nationwide hospital emergency room mentions for MDMA rose dramatically from 70 in 1993 to 2,850 in 1999."

Why has it become the military's problem?

"We are looking at an epidemic," said Metelski.

Recently, the air station court-martialed more than two dozen Marines from the same section for Ecstasy and other drug

involvement.

"The one thing that will help is education," said Metelski. "Right now many are thinking 'how can something that makes me feel so good be bad for me?' We need to educate them."

According to Metelski and the DEA, the medical community is just now getting users to cooperate with testing. What they do know is that there is a significant leap in depression and memory loss in users.

"It doesn't help that the internet has dozens of Web sites calling it a 'safe' drug," said Metelski. "No street drug is a safe drug. What they don't realize is that Ecstasy is being cut with other drugs such as Ketamin, also known as "Special K," which has been dubbed the poor man's LSD. The mixture of the two can cause permanent brain damage or be fatal.

"What it comes down to is this, users need to understand that brain damage can be worse than death," said Ruth A. Kelly whose best friend Kim suffered an overdose in 1991. "Kim went to a party and just never came back."

**Myth: Ecstasy is not detectable by urinalysis.**

**Fact: In the past three years more than 600 Marines and Sailors have tested positive and been discharged for Ecstasy use.**

Ad Space





## Sandblasting

Steve Shortill, MALS-11, knocks a ball onto the 9th green at the MCAS Miramar Golf Course April 10 during the Winter Miramar After-Season Intramural Tournament. There were eight four-man teams competing in match play. MALS-11 defeated VMFA-232 in the final round 4-1. *Photo by Cpl. Scott Whittington*



## Awarding the best

Members of the men's and women's varsity basketball teams stand with Maj. Gen. William G. Bowdon, Commander of Marine Corps Air Bases Western Area, and their coach, James Stewart (right of general). The two teams presented the general with plaques for first place in the Command Navy Region Southwest Tournament Champions. The women's team ended the season with an overall record of 20-7, while the men's team finished 42-18. Stewart was given special recognition from the Semper Fit division of Marine Corps Community Services at the ceremony for coaching both teams. *Photo by Sgt. W.A. Napper Jr.*



Ad Space



**Personnel Management Support Branch to hold brief**

Sergeant Major Jim Brown and Master Sgt. Charles Jefferson from the Personnel Management Support Branch will be here Monday and Tuesday at 8 a.m. and 1 p.m. in the auditorium in Building 8630 to give briefs on the Performance Evaluation System Manual. These briefs are for sergeants and above to include reviewing seniors, reviewing officers and civilians in supervisory positions who write fitness reports.

**DEERS/I.D. Cards, G-1/Personnel Section closure**

The DEERS/I.D. Card and G-1/Personnel Sections will close at 11 a.m. April 20. Normal hours of operation will resume April 23. If you need immediate emergency assistance, please call Roxanne Crouch at (619) 524-8740.

For details call 577-1142 or 577-1421.

**Salute to America's military**

Salute America's military at San Diego's largest Armed Forces Day celebration. The 2001 Armed Forces Day Festival will be held at Marine Corps Air Station Miramar May 19, from 10 a.m. to 4 p.m. Join more than 15,000 visitors at this event, which is open to the public. Admission and parking are free.

**Flying Leatherneck Historical foundation seeks volunteers**

Volunteers are needed to fulfill docent and gift shop personnel duties at the Flying Leatherneck Aviation Museum here.

For more information call 693-1723.

**Support Group for expectant active-duty moms**

Active-duty expectant moms face many situations civilian moms don't.

The MCCS Marine New Parent Support Program sponsors a support group for active-duty expectant moms.

The group will meet the first and third Tuesday of the month from noon to 1 p.m. in Building 2274.

For details call Donna at 577-9812.

**O' Club offers spring events**

The Miramar Officers' Club offers an Easter Brunch Sunday 10 a.m. to 2:30 p.m.

Carl Hanson and the Wings of Victory Orchestra offer big band music at the club's Spring Dance and dinner buffet Wednesday.

These events are open to officers, senior enlisted staff (E-6 and above) in appropriate civilian attire, retirees and DoD civilians (GS-7 and above), their family members and

guests and friends.

For details or reservations call 577-4808 or go online at: [www.mccsmiramar.com/officersclub](http://www.mccsmiramar.com/officersclub).

**Tennis Tournament entry deadline approaching**

Feel like you could be the next Agassi, McEnroe, or Kournikova? It's not Wimbledon, but Miramar's spring tennis tournament doubles competition entry deadline is Tuesday.

A preliminary round will determine what division competitors will be placed in. Match winners of the preliminary round will play in the Gold Division which will play Mondays and Wednesdays. Match losers of preliminary round will play in the Red Division Tuesdays and Thursdays.

The tournament is open to all station active-duty, reservist, retiree and DoD members.

For details call 577-4128.

**Multi-Cultural Heritage Day Celebration**

The 2001 Multi-Cultural Heritage Day Celebration, "Strength in Diversity," takes place 11 a.m. to 3:30 p.m. May 8. Live entertainment, ethnic food booths, children's arts and crafts booths, and educational and art displays help offer Miramar Marines and their families a taste of other cultures.

For more information call 577-4099 or visit [www.mccsmiramar.com/mchdc.htm](http://www.mccsmiramar.com/mchdc.htm).

**TRICARE changes coverage**

Naval Medical Center San Diego invites all active-duty servicemembers and their families to attend the Family Medical Services Seminar April 18, at 10 a.m. at Building 5.

Topics will include recent changes to TRICARE benefits and how to use those benefits. Also attendees will hear about the services available at NMCS and have the opportunity to speak with representatives from various service groups.

For more information call Debra Joseph at (619) 532-5852.

**"Gray Ghosts" hold annual reunion**

Marine Fighter-Attack Squadron 531, in conjunction with the Marine Corps Aviation Association will hold its annual reunion Sept. 20-23 in San Diego. All personnel who served with or were attached to the squadron are invited to attend.

For details call Dave Kassebaum at home: 459-6088, 459-0066, or via cell phone



| Today                                 |                   | Wednesday                             |               |
|---------------------------------------|-------------------|---------------------------------------|---------------|
| <b>Saving Silverman</b>               | (PG-13) 4:30 p.m. | <b>15 Minutes</b>                     | (R) 6:30 p.m. |
| <b>Get Over It</b>                    | (PG-13) 6:30 p.m. |                                       |               |
| <b>Saving Silverman</b>               | (PG-13) 8:30 p.m. |                                       |               |
| Saturday                              |                   | Thursday                              |               |
| <b>Recess: School's Out</b>           | (G) 2 p.m.        | <b>How the Grinch Stole Christmas</b> | (PG) 2 p.m.   |
| <b>How the Grinch Stole Christmas</b> | (PG) 8:30 p.m.    | <b>3,000 Miles to Graceland</b>       | (R) 6:30 p.m. |
| Sunday                                |                   |                                       |               |
| <b>How the Grinch Stole Christmas</b> | (PG) 1 p.m.       |                                       |               |
| <b>Sweet November</b>                 | (PG-13) 6:30 p.m. |                                       |               |

at: (619) 252-6088.

He can also be reached via e-mail at: [kass6088@aol.com](mailto:kass6088@aol.com).

**WIC extends helping hand**

The San Diego area American Red Cross Women, Infants and Children program makes it easier for families with children under 5 years old who find it hard to make ends meet in this high cost-of-living area.

WIC provides vouchers for nutritious food worth up to \$130 per month, as well as nutrition education, breastfeeding education, and referrals to health care.

Financial eligibility depends on total family size and income.

For details call 800-500-6411.

**NWCA Scholarship Foundation accepting applications**

The Navy Wives Clubs of America Inc. offers \$1,500 annual scholarship grants to eligible sons and daughters of enlisted members of the Navy, Marine Corps and Coast Guard on active duty, retired with pay or deceased.

The NWCA awards 40 scholarships annually to applicants who show basis of need for financial assistance, who have good grades and hold a current military identification card.

The deadline for applications is May 30. Applicants should send a self-addressed, stamped business envelope to:

Mrs. Barbara Stead  
NWCA Scholarship Director  
3848 Old Colony Circle  
Virginia Beach, VA 23452-2910

**MOSC offers scholarships**

Miramar's Marine Officers' Spouses' Club offers college and technical school scholarships to high school seniors, high school graduates and family members of

active-duty servicemembers stationed at MCAS Miramar and its tenant commands. Family members of retired and deceased servicemembers residing in the Miramar area are also eligible.

The MOSC will award one \$1,000 and three \$500 MOSC sponsored scholarships.

The MOSC deadline is Sunday and is open to all eligible family members. Applications postmarked after the deadline will not be considered.

Applications are available from local high school guidance counselors or by sending a self-addressed, stamped business envelope to:

Marine Officers' Spouses' Club at Miramar  
Lynn Holtzhouser, Scholarship Chairperson  
P.O. Box 45078  
San Diego, CA 92145-0078

**Welcome aboard brief changes to Wednesdays**

The Commanding General's Welcome Aboard Brief at the Joint Reception Center, Building 2258, has changed to the first and third Wednesday of each month vice Monday. The following dates are provided for you to plan accordingly:

Wednesday  
May 2, 16  
June 6, 20

For details call 577-1783 or 577-9123.

**YMCA Out & About Tour changes to Thursdays**

The YMCA Out & About Tour has changed to the first and third Thursday instead of Tuesday. The brief will take place from 7:40 a.m. to 4:30 p.m. and the tour will take place 9 a.m. to 2 p.m.

**Flight Jacket Online**  
[www.miramar.usmc.mil/flight.htm](http://www.miramar.usmc.mil/flight.htm)

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**Merit,**  
continued from page 2  
nized for his involvement in the highly-praised Martin Luther King Trauma Training Program, which enhanced the trauma care skills of more than 50 3d MAW medical officers and hospital corpsmen and for his involvement in missions from Southwest Asia to Kenya.

“I’m very grateful, to have had the opportunity to work with 3d MAW,” said Ferrara. “My new job running the (Branch Medical) clinic is especially gratifying because I get to work with the same group of Sailors and Marines.”

Ferrara, who joined the Navy in 1977 on a medical school scholarship, went on active duty in 1981.

He most recently served as the 3d MAW Wing Surgeon until September 2000 when he took over at the clinic.

“These are the people that did all of the work,” said Ferrara, indicating the Sailors gathered for his award presentation. “I just tried to do everything in my job a little better, so the people behind me can do it better also.”

“I am honored to continue to work with such a great team, and I thank you.” said Ferrara.

**JROTC,**  
continued from page 7  
the cadets can walk a little taller knowing that they have done something that most of their peers wouldn’t even dream of.

“It gives them a feeling of accomplishment,” said Facey. “Even though the training lasts only a short period of time, they are getting to experience things that they never have before. It gives them a taste of something that most of their peers will never experience.”

All 47 now subscribe to the motto they each wore on their chest, “believe and you’ll achieve,” according to retired Lt. Col. John W. Theison Marine Corps, Serra High School Naval Science Instructor.



## Courts-Martial/Non-Judicial Punishment

A lance corporal from Headquarters and Headquarters Squadron was found guilty for violations of the Uniform Code of Military Justice, Article 86, absent without leave, Article 91, insubordinate conduct toward a staff noncommissioned officer and Article 134, disorderly conduct. The Marine was reduced to E-2, assigned restriction for 30 days and 30 days extra duties, to run concurrently.

A corporal from H&HS was found guilty for violations of the UCMJ, Article 86, absent without leave. The Marine was reduced to E-3, forfeiture of \$692 pay per month for two months for a total forfeiture of \$1384, suspended for 6 months, at which time unless sooner vacated.

A lance corporal with H&HS was found guilty April 4, for violations under the UCMJ of Article 86, absent without leave and article 92, failure to obey an order or regulation. The Marine was sent to correctional custody for 30 days.

A sergeant with H&HS was found guilty April 4, for violations under the UCMJ of Article 86, absent without leave; Article 92, failure to obey an order or regulation and

Article 112, drunken while on duty. The Marine was reduced to E-4, forfeiture of \$750 per month for one month for a total forfeiture of \$750. Forfeiture of \$750 per month for 1 month was suspended for 6 months, at which time unless sooner vacated.

A corporal with H&HS was found guilty March 7, for violations under the UCMJ of Article 111, drunken or reckless operation of vehicle. The Marine was reduced to E-3, correctional custody for 30 days, and forfeiture of \$653 pay per month for two months, for a total forfeiture of \$1,306. Forfeiture of \$653 pay per month for one month (total forfeiture of \$653) is suspended for 6 months unless sooner vacated.

Sgt. Marlon R. Johnson with Marine Aircraft Group 11 was found guilty at a general court martial for violations under the UCMJ of Article 134, wrongfully impeding an investigation, wrongfully committing an indecent act and wrongfully providing alcohol to a minor and failure to seek medical attention. Johnson received a reduction to E-1, 24 months confinement and a bad-conduct discharge.

**Classified Space**